Plant Protein

- An overview of sources, benefits, and importance of plant-based protein.

What is Plant Protein?

- Protein derived from plants
- Found in beans, lentils, nuts, seeds, whole grains
- Suitable for vegetarians and vegans

Benefits of Plant Protein

- Supports muscle growth and repair
- Rich in fiber, vitamins, and minerals
- Helps in weight management
- Environmentally sustainable

Popular Sources of Plant Protein

- Lentils and beans
- Chickpeas
- Quinoa
- Nuts and seeds
- Soy products (tofu, tempeh)

Precautions & Considerations

- Balance intake with other nutrients
- Combine different plant proteins for complete amino acids
- Consult a nutritionist if on a strict vegan diet
- Combine **plant protein** sources for complete nutrition.